

Assorted Variety of Muffin

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43193
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN BLUEBERRY WGRAIN IW	1 Each		262370
MUFFIN BANANA WGRAIN IW	1 Each		262362
MUFFIN BLUEB WGRAIN IW	1 Each		557970
MUFFIN APPL CINN WGRAIN IW	1 Each		558011
MUFFIN DBL CHOC WGRAIN IW	1 Each		262343
MUFFIN CHOCOLATE CHP WGRAIN IW	1 Each		273681

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	185.71
Fat	6.29g
SaturatedFat	1.57g
Trans Fat	0.03g
Cholesterol	22.14mg
Sodium	118.57mg
Carbohydrates	29.86g
Fiber	1.57g
Sugar	15.57g
Protein	2.71g
Vitamin A 2.06IU	Vitamin C 0.01mg
Calcium 16.57mg	Iron 0.91mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available